

46. The method of claim 45 wherein the thermoplastic elastomer has a flexural modulus of from about 5 to 100 MPa.

47. The method of claim 34 wherein the thermoplastic elastomer is selected from the group consisting of polyetheramides, polyesters, styrene-ethylene-butylene-styrene block copolymers, styrene-butadiene-styrene block copolymers, styrene-isoprene-styrene block copolymers, polyurethanes, polyolefin elastomers, and mixtures thereof.

48. The method of claim 35 further comprising selecting a thermoplastic elastomer as the sheath material.

49. The method of claim 48 wherein the thermoplastic elastomer is selected from the group consisting of polyetheramides, polyesters, styrene-ethylene-butylene-styrene block copolymers, styrene-butadiene-styrene block copolymers, styrene-isoprene-styrene block copolymers, polyurethanes, polyolefin elastomers, and mixtures thereof.

50. The method of claim 34 further comprising incorporating an abrasive additive into the thermoplastic elastomer.

51. The method of claim 48 further comprising incorporating an abrasive additive into the thermoplastic elastomer.--

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